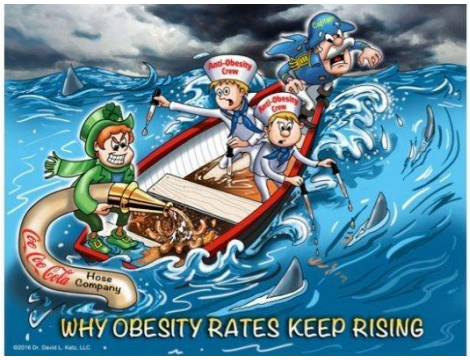
EAT REAL
AMERICA
Get Fresh. Get Local. Get Real.



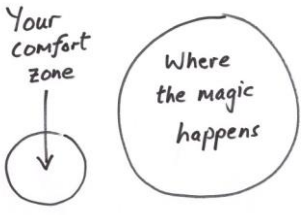
It’s not a diet.

It’s not about deprivation.

Simple solution….

What is REAL food?

"All you need to do is eat more fruits and vegetables."



- Learn how to read an ingredient label
- Planning
- Priority

Can you tell by the nutritional label if a food is healthy?

Nutrition Facts

Serving Size 127g
Servings Per Container 2

Amount Per Serving

Calories 260	Calories From Fat 60
	% Daily Value *
Total Fat 7g	10%
Saturated Fat 3.5g	17%
Trans Fat 0g	0%
Cholesterol 20mg	7%
Sodium 350mg	14%
Total Carbohydrates 30g	13%
Dietary Fiber 4g	14%
Soluble Fiber	
Sugars 5g	0%
Protein 10g	0%
Vitamin A 6% • Vitamin C 0%	
Calcium 20% • Iron 15%	
Thiamin 0% • Riboflavin 0%	
Niacin 0% • Vitamin B6 0%	
Phosphorus 0% • Zinc 0%	

* Percent Daily values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Water, Whole Wheat Flour, Enriched Flour (Wheat Flour [Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid]), Cooked Grill Marked White Meat Chicken Strips (White Meat Chicken, Water, Isolated Soy Protein, Modified Rice Starch, Chicken Flavor [Dehydrated Chicken Broth, Chicken Powder, Natural Flavor], Sodium Phosphate, Salt), Broccoli, Margarine (Palm Oil, Water, Soybean Oil, Sugar, Mono & Diglycerides, Soybean Lecithin, Potassium Sorbate and Citric Acid [Preservatives], Annatto and Turmeric Color, Vitamin A Palmitate Added), Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes, Annatto Color), Low Fat Mozzarella Cheese ([Pasteurized Part Skim Milk, Cultures, Salt, Enzymes], Non-Fat Milk, Modified Food Starch*, Annatto Color, *Ingredient Not in Regular Mozzarella Cheese), Seasoning (Maltodextrin, Whey, Nondairy Creamer [Coconut Oil, Corn Syrup Solids, Sodium Caseinate, Mono- & Diglycerides, Potassium Phosphate, Silicon Dioxide, Soy Lecithin], Buttermilk Powder, Cheese Flavor [Natural Flavor, Cheddar Cheese (Cultured Milk, Salt, Enzymes), Whey, Maltodextrin, Whey Protein Concentrate, Buttermilk, Modified Cornstarch, Salt, Garlic Powder, Potato Maltodextrin, Disodium Phosphate, Onion Powder, Citric Acid], Bleached Enriched Wheat Flour [Wheat Flour, Benzoyl Peroxide, Amylase, Ascorbic Acid, Niacin, Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Salt, Sugar, Seasoning [Cornstarch, Propylene Glycol, Extractives of Turmeric and Annatto, Polysorbate 80, Natural Flavor], Annatto Color, Methylcellulose, Lactic Acid, Calcium Lactate), 2% or Less of Whey, Sugar, Onions, Modified Food Starch, Seasoning (Enriched Wheat Flour [Enriched with Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid], Garlic Powder, Tapioca Dextrin, Parmesan Cheese [Part-Skim Milk, Cheese Cultures, Salt, Enzymes], Onion Powder, Dried Parsley, Citric Acid, Sugar, Romano Cheese [Sheep's Milk, Cheese Cultures, Salt, Enzymes], Yeast, Soybean Oil, Salt, Dried Chives), Fractionated Palm Oil, Dough Conditioner Blend (Calcium Sulfate, Salt, L-Cysteine Hydrochloride, Garlic Powder, Tricalcium Phosphate, Enzymes), Seasoning (Cheddar/Blue Cheeses [Milk, Cheese Cultures, Salt, Enzymes], Whey, Salt, Dextrose, Dried Onion, Natural Flavor, Soybean Oil, Garlic Powder, Citric Acid, Lactic Acid, Spice, Extractives of Paprika and Annatto), Egg Yolks, Yeast, Salt, Methylcellulose, Autolyzed Yeast Extract, Dried Onions, Seasoning (Salt, Maltodextrin, Autolyzed Yeast Extract, Sugar, Soy Sauce [Water, Soy, Wheat, Salt], Flavoring, Calcium Lactate, Citric Acid, Dried Chicken, Lactic Acid, Pectin), Dried Garlic, Soybean Oil, Spices, Seasoning (Salt, Maltodextrin, Glucose Solids, Spice), Color Added, Soy Flour, Egg White.

Nutrition Facts

Serving Size 1 oz (28g/About 11 chips)

Amount Per Serving

Calories 140	Calories from Fat 70
	% Daily Value*
Total Fat 8g	**12%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 210mg	**9%**
Total Carbohydrate 16g	**5%**
Dietary Fiber 1g	**4%**
Sugars 0g	
Protein 2g	
Vitamin A 2% •	Vitamin C 0%
Calcium 0% •	Iron 0%
Thiamin 2% •	Vitamin B6 2%

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Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Corn, Vegetable Oil (Sunflower, Canola, and/or Corn Oil), Maltodextrin (Made From Corn), Salt, Cheddar Cheese (Milk, Cheese Cultures, Salt, Enzymes), Whey, Monosodium Glutamate, Buttermilk, Romano Cheese (Part-Skim Cow's Milk, Cheese Cultures, Salt, Enzymes), Whey Protein Concentrate, Onion Powder, Corn Flour, Natural and Artificial Flavor, Dextrose, Tomato Powder, Lactose, Spices, Artificial Color (Including Yellow 6, Yellow 5, and Red 40), Lactic Acid, Citric Acid, Sugar, Garlic Powder, Skim Milk, Red and Green Bell Pepper Powder, Disodium Inosinate, and Disodium Guanylate.

"Eat REAL America saved my marriage…"

Why Kale?

Cruciferous veggies contain extra cancer fighting powers!

It's the Dose that Makes the Poison!

"Eat REAL America has truly changed the way my family and I eat in our house."

"This is not a diet, it's a lifestyle change. I am stepping out of my comfort zone to create delicious, nutritious meals. In just 2 months, I have lost 20 pounds, with many more to go!"

"The recipes are awesome and easy. Yes, this sugar addicted lover of the McDouble is saying this! I've tried new foods, and found I like them. (That in itself is a miracle!) If I can make changes ANYBODY can."

EAT REAL AMERICA
Get Fresh. Get Local. Get Real.

www.EatRealAmerica.com